

Class Information

Indoor Cycling: \$12/class @ The Rec

Boot Camp: \$12/class @ The Rec

Yoga: \$13/class @ the
White Mountain Athletic Club

Purchase an “Adult Fitness 10 Class Pass”
for \$100
(accepted at all classes; purchase at The Rec.)

Please bring water & towel to each class &
arrive early as classes begin promptly;
Some classes may have limited room and/or
equipment.

For more info, please call (603) 236-4695 or
visit us @ www.watervillevalley.org

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the Town of Waterville Valley
Recreation Department

facebook.



Waterville Valley Recreation Department
3 Noon Peak Road
Waterville Valley, NH 03215
P: (603) 236-4695

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Indoor Cycling</i> 8:15 am	2	3 <i>Indoor Cycling</i> 4:45 pm	4	5	6 <i>Boot Camp</i> 9 am
7	8 <i>Indoor Cycling</i> 8:15 am	9 <i>Power Yoga</i> 8:30 am	10 <i>Indoor Cycling</i> 4:45 pm	11 <i>Power Yoga</i> 8:30 am	12	13
14	15 <i>Indoor Cycling</i> 8:15 am	16	17 <i>Indoor Cycling</i> 4:45 pm	18 <i>Power Yoga</i> 8:30 am	19	20 <i>Boot Camp</i> 9 am
21	22 <i>Indoor Cycling</i> 8:15 am	23 <i>Power Yoga</i> 8:30 am	24 <i>Indoor Cycling</i> 4:45 pm	25 <i>Power Yoga</i> 8:30 am	26	27 <i>Boot Camp</i> 9 am
28	29 <i>Indoor Cycling</i> 8:15 am	30 <i>Power Yoga</i> 8:30 am	31 <i>Indoor Cycling</i> 4:45 pm	April 1 <i>Power Yoga</i> 8:30 am	Adult Fitness Classes presented by Waterville Valley Rec. Department	